

# Our Words Show Who We Really Are

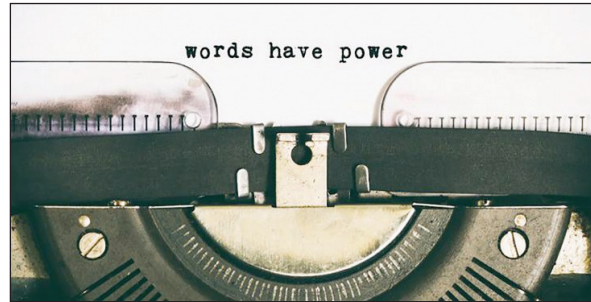
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WI Christian News

It's a spiritual revelation to comprehend that words have tremendous power but where there is privilege there is also accountability.

Communication not only shapes our views while influencing our behavior, but words also expose who we really are as we can learn a great deal about a person's views when we hear them speak. This is a wonderful prayer to begin each day, "Set a guard, O Lord, over my mouth; keep watch over the door of my lips." (Psalm 141:3). Yes, we have much to pray about, and this petition is crucial if we are to live a holy life of integrity, respect, and love. Encouraging words are worth much, and cost little, and since what we say is what we think, it would be wise to monitor our thoughts and what we believe.

Words can accomplish God's intentions and carry us to encouraging places, but, unfortunately, they can also lead us into some dark situations. As children, many of us quoted this little rhyme, "Sticks and stones may break our bones, but words will never hurt us," which was a courageous stand as we were being threatened or insulted. Still, we realized after we grew up that in most cases, the words were more emotionally painful than if we had been physically assaulted. There's a good chance you remember when someone said something that caused you to feel rejection and pierced your soul. Maybe derogatory words from a parent, teacher, coach, family member, neighborhood kids, or a bully from school, and unfortunately these painful wounds will always be remembered. Thankfully, some individuals change over the years as they recall the hurtful things they have said and are convicted to apologize as they realize that foolish people say foolish things.



On the other side of the two-edged sword of words, it's astounding to understand they also have the power to bring inspiration, joy, hope, and healing. In Proverbs 16:24, the Holy Spirit relayed to king Solomon that highly sensitive people are discreet and careful to use good judgment with their speech while the uncaring do not plan or consider what they say. We know this is true because we have been comforted by God's eternal promises and from those who sincerely care about us.

In the ancient world, honey was the sweetest substance available, and Solomon was intentional with his imagery as he penned these words, "Pleasant words are a honeycomb, sweet to the soul and healing to the bones." We have the opportunity to filter our speech through the Holy Spirit, but it's our choice to apply these spiritual principles or ignore them. The wise person who desires to walk in the awareness of God's presence will learn to control their carnal nature. Our emotions are interested in pleasing our flesh, but our spirit is always passionate about pleasing the Lord.

A command associated with obedience to God is to develop spiritual sensitivity and self-control which are included in the fruits of the Spirit. As a result of choosing words wisely, our communication can and should become a consistent relay of the message of Jesus.

A Christian reveals true humility by showing the gentleness of Christ, by being always ready to help others, by speaking kind words and performing unselfish acts, which elevate and ennoble the most sacred message that has come to our world.

Some believe that when we can control our words, we have more maturity and discernment to control our lives. James 1:26 says, "Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless."

The Almighty wants His people to reveal His character, and develop agape charity which motivates us to embrace this beautiful way of connecting with others. Those who disregard speaking as a divine appointment to witness for Christ and do not care what they say are quite familiar with the flavor of their own foot.

Ephesians 4:29 declares, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

May we consider what is in the well comes up in the bucket. In this light, we realize that hate-filled and destructive words are intentional sin. The good news is that repentance is an opportunity to be forgiven and restored by God's grace.

This article is an excerpt from Dr. Holland's book, "Receiving Our Healing – Going to War on our Knees." Learn more about the Christian life at:

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